



46th Annual Governor's Conference on Aging
“INSPIRED AGING – Innovations in Health and Wellness”
May 8-9, 2014
Holiday Inn Hotel – Bozeman, MT
5 Baxter Lane

CONFERENCE INFORMATION

Thursday, May 8, 2014

8:00am – 5:00pm

Thursday, May 8th

8:00 a.m. - Opening Ceremony

- I. Welcome – Chairman of the Governor's Advisory Council on Aging
- II. Presentation of the Flag
- III. Opening Prayer
- IV. Opening remarks – Richard Oppen, Director
Department of Public Health and Human Services

8:40 a.m. - Wellness Innovations- From the inside out

An exploration of new approaches to inspire lifelong vitality and a discussion of how each of us can be stewards of the positive aging movement. Topics include: Viewing each interaction with elders as an opportunity to either support or diminish resilience; Purpose-Centered senior living where providing care is important, but secondary to creating the environment and support for residents to be elders in the broader community; and exploring your aging journey – what are you, personally thinking, saying and doing about aging well – yes, you!

Speaker Kay Van Norman is an internationally known author, speaker and consultant. With over 24 years experience in healthy aging, she has been a visionary and agent of change in multiple industries, guiding both national and international organizations through strategies to help change the way people view and experience aging. She has authored dozens of articles and several books, with her latest book *Exercise and Wellness for Older Adults*, being recently translated into Chinese. Founder and president of *Brilliant Aging*, Kay is committed to promoting lifelong vitality, and translating active aging's global momentum into business growth opportunities for diverse industries.

9:40 a.m. - Mini-Grant Awards - Governor's Advisory Council

Thursday, May 8th

10:00 AM - **Coffee**



Break

Breakout Sessions

10:30 - 11:30 Discover Arthritis and Take Control.

Together the Montana Arthritis Program and the Arthritis Foundation will talk about the different types of Arthritis and how you can take control of your arthritis. They will discuss the different exercise programs that are going on around the state which have been proven to improve the effects that arthritis has on people

10:30 - 11:45 Don't be a victim! Learn how to protect yourself from fraud.

Training will discuss the most often used ploys that con criminals use to separate people from their money. It will also discuss red flags that could alert investors to possible scams. Finally, it will cover ways to check out brokers and investments before investing in them.

Alex E. Ward, CPP is a former Police Officer/Detective serving 25 years on the Bellevue, WA police department. He was board certified in Security Management by the American Society of Industrial Security in 1981 and has recertified every three years since. He was a United States Marine Corps Sergeant and retired from the United States Coast Guard Reserve as a Lieutenant. He has been a consultant, trainer, author and college professor during his lifetime. Al currently lives in Billings, Montana. He has continued to facilitate community programs and present on a wide range of health care, financial and crime prevention topics. Al currently volunteers for AARP Montana State Office on the Executive Council and focusing the outreach to the 7 Indian Reservations in Montana. He also volunteers for the Partnerships for Elder Protection Program in Billings, the Marine Corps League, Grace United Methodist Church in Billings and the Montana Crime Prevention Association. He is a member of the Montana Governor's Advisory Council on Aging. He recently received a grant from the National Crime Prevention Council and FINRA to provide training on Investment Fraud across Montana. In 2013 he received the Andrus Award for Community Service from AARP Montana.

Thursday, May 8th

10:30 - 11:45 Oral Health - access for geriatric populations

Lorie Becker received her Dental Hygiene degree (RDH) from the University Of Minnesota School Of Dentistry, a Bachelor of Science degree at the University Of Minnesota School Of Public Health and a Master of Science in Community Health Education from Minnesota State University, Mankato. Her thesis work focused on geriatric oral health care by examining the perception of dental care in Montana Assisted Living Facilities. Lorie currently works at Community Health Partners Dental in Livingston, MT and founded “Access to Care” in 2012 where she provides on-site preventive dental hygiene care to residents of Nursing Homes, Assisted Living Facilities, and Home Health Care. Lorie participated in the First National Coalition Consensus Conference: Oral Health of Vulnerable Older Adults and Persons with Disabilities held in Washington D.C. Lorie also met with a member of the President’s Healthcare Cabinet to discuss improved access to dental care in rural Montana using teledentistry while attending the National Rural Health Association Leadership and Policy Workshop. Lorie is actively involved in public health initiatives to increase access to oral health care for all Montanans and her passion for health promotion has inspired action in numerous colleagues. Lorie believes access to oral health care as one ages must become the norm, and not an exception to the rule.

10:30 - 11:45 Alzheimer’s Disease: Moving Montana Forward

Please join Montana’s Alzheimer’s Disease State Plan Work Group to engage in dialogue about how to turn Montana into a dementia capable state. Over 5 million Americans of all ages have Alzheimer’s disease, including 5.2 million people age 65 and older, and 200,000 individuals under age 65 who have younger-onset Alzheimer’s. In Montana, an estimated 21,000 individuals have Alzheimer’s disease and nearly 47,000 family and friends provide unpaid care valued at \$645 million. Alzheimer’s disease is a public health crisis and this session will focus on identifying solutions that will meet the needs of the individuals and caregivers in Montana who are living with this disease.

12:00 noon

Centenarians Luncheon

Speaker - Lt. Governor McLean

Centenarian Recognition

- Honoring our Citizens who are 100 years of age and older



Thursday, May 8th

1:30 p.m. Mental Health and Aging

Deb Matteucci , Mental Health Services Bureau Chief, Addictive & Mental Disorders Division,
Montana Department of Public Health and Human Services

2:15 p.m. “Memory Techniques.”

Jane Baker will provide a lively, humorous presentation on memory techniques involves audience participation using the Code of the West pledge as described in the book “Don’t Squat with Yer Spurs On”, by Texas Bix Bender. An improved memory is possible for everyone. A mastery of memory can be acquired and is achieved by practice. In this presentation a memory technique called RAVE will be demonstrated.

3:00 p.m. Coffee Break



3:30 p.m. Approaching, Preparing for & Knowing When to Retire from Driving

Patrick Sanders, Transitions Coordinator- DPHHS and
Lyn Hellegaard, Montana Transit Association (MTA)
Older Driver Crashes Emphasis Area Team,
Comprehensive Highway Safety Program

4:15 p.m. Veterans Directed-Home and Community Based Services (VD-HCBS):

A new partnership with the Veterans Administration Medical Center and the Aging and Disability Resource Centers (ADRC) in Montana - Kelli Jacobson-Wheat, RN, BS, Non-Institutional Care Programs Coordinator, VA Medical Center, Fort Harrison and Kerrie Reidelbach, ADRC Program Manager, Senior & Long Term Care Division.

SPECIAL EVENT

6:00 p.m. Hawaiian Luau Dinner and Hawaiian Entertainment Bozeman Senior Center 807 North Tracy.



"Come enjoy a very fun evening at the Bozeman Senior Center. We are having a HAWAIIAN LUAU dinner, complete with a whole roast pig with the apple in his mouth, and all the trimmings. Evening entertainment will be Hawaiian Dancers who do a wonderful job. You will also have the opportunity to tour the Bozeman Senior Center, a fun, innovative center with lots of programs and services for over 1950 members. Come dressed in your Hawaiian clothes, if you wish. The Cost is \$10.00 per person."



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Friday, May 9, 2014

8:00am – 4:00pm

Friday May 9th

8:00 a.m. **Opening Statements**
 - **County Commissioner and Chamber of Commerce**

8:30 a.m. **"The Aging Brain: What to Expect and Strategies to Maintain Optimal Cognitive Health"**
 Dr. Richard E. Popwell, Jr., M.D., Neurologist, Chairman, Bozeman Deaconess Health Group Executive Council Affiliate Faculty, Montana State University, WWAMI Medical Education Program Diplomate, American Board of Psychiatry and Neurology Member, American Academy of Neurology.

10:00 a.m. **Coffee**  **Break**

10:30 a.m. - 11:45 **Breakout Sessions**

- (1) **Bank on Better Bodies, Better Bones, and Better Birthdays**, by Marnie Johnson, Health and Fitness Specialist
Learn how to plan and implement great wellness and food practices into your every day life. Discover easy planning that insures you are beefing up your immunity, protecting your bone health, and improving your digestion. This is a hands on session that will help you take control of your own health by helping you make easy choices every day.
- (2) **Healthy Aging - The Remarkable Power of Food, Farming, and Fun.**
We all know that eating is healthy and fresh food is good for you. What you will learn and discuss in this session is that GROWING food is beneficial in more ways than one. Come join us in this session to learn more about innovative programs to help you and your loved ones get

involved in growing and buying fresh food. Susan will bring plants to share and information on adaptive tools and container gardening.

by Martin Fischer, Care Farms of Montana, a therapeutic day program for seniors on farms and ranches,

Lori Christensen, Program Manager for the Gallatin Valley Food Bank

Carmen Byker, PhD in Human Nutrition, on staff at Montana State

University Food and Nutrition and Sustainable Food Systems, and

Susan Lear, Eaglemount educational horticulture therapy program for disabled individuals, Bozeman.

(3) **“The Fundamentals of Guardianships, Conservatorships and Powers of Attorney”**

Louis C. Villemetz, Attorney working with the Attorney-Paralegal program of the Legal Services Developer’s Office, State Unit on Aging.

10:30 - 11:20 **New Short Term Options for Long Term Care - Ron Iverson ,**
author of **"Guarding Your Gold,"** and **"Guarding Your Gold II,"** which discuss the retirement problems that face all Americans over the next thirty years. Ron has been in the insurance business in Helena for over 40 years. He will help you "Think Affordability" about options for Short Term Care. According to the latest data available from the U. S. Center for Disease Control, 83% of patient stays in nursing homes are for a year or less.

12:00 Noon **Noon Luncheon,** Speaker, and Entertainment

"You think you know what will happen to your property when you pass away, THINK AGAIN.

Many Montanans do not realize to whom their real and personal property will pass upon property upon their death. Dr. Marsha Goetting, MSU Extension Family Economics Specialist will explain the impact of "title" on our property and how joint tenancies and other contracts can over-ride a will or trust. She will also explore Montana's statute for distributing items that do not have title. She will explore how Montanans can avoid probate by utilizing POD and TOD designations and beneficiary deeds.

Dr. Marsha A. Goetting is a Professor and Extension Family Economics Specialist at Montana State University in Bozeman. During the past five years she has presented 306 programs reaching over 11,000 Montanans with financial and estate planning information. She has also authored 76 MontGuides and bulletins and has received national, regional, and state awards for her financial management and estate planning programs. Dr. Goetting received her Bachelors and Masters degrees in Family Economics and Adult Education from Kansas State University and her PhD from Iowa State University.

Friday May 9th

1:45 pm

Coffee



Break

2:15 pm

Overcoming Obstacles to Healthy Aging

Join us for an informative discussion of the obstacles to healthy aging you may face, including chronic pain, anxiety and sleeplessness. Ashley Olsen, MSW, LCSW, along with a team of healthcare professionals, will explore new and innovative ways of approaching these obstacles. There will be time to ask questions to the panel.

What you can expect to learn:

- 1) What is chronic pain? How does this affect me?
- 2) What Neuroplasticity is? How it helps improve the quality of life for those suffering from acute or chronic illness.
- 3) How the brain processes pain and what persistent cycles result from this.
- 4) What techniques you can use in your daily life to change the way pain or illness is experienced, so your quality of life can improve and you can live a productive life.
- 5) How will I know when I'm ready for this treatment? Will I benefit?
- 6) How do I talk to my doctor about this? Will my insurance pay? Next steps....

Ashley Olsen, MSW, LCSW is a Licensed Clinical Social Worker in private practice in Bozeman, MT. For the past 11 years, Ashley has established herself in the medical community and specializes in counseling patients and families with chronic and persistent illness, especially chronic pain, disability, long term disease, sleep disorders, terminal illness, and grief and loss. She has spent a large portion of her career helping those with chronic pain conditions to live a productive and engaging life through the use of neuroplasticity treatment, which engages the brain to change the processing of pain.

3:45 pm

Closing Remarks, Conference Evaluation, and Door Prize